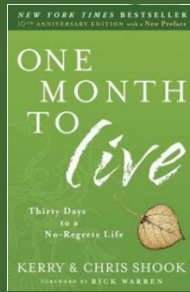


ROSES *and* THORNS BOOK CLUB



Make It Last For Life

DAY 19 *Metamorphosis* Changing from the Inside Out

Plan ahead this week so you can spend at least one hour alone and uninterrupted. Let others know you will be unavailable for calls or email, that you'll be unplugged and inaccessible. If necessary, go where you will not be disturbed. Take nothing to read, write, or listen to. Just spend some time being still. You might stare out the window, take a walk in the woods, or remain quietly in your office after hours.

In what ways have you recently tried to change by altering your outward appearance or circumstances? Think of one change that you could make in your schedule or lifestyle to allow yourself regular time alone with God.

Think through the people in your life right now. Choose on new acquaintance to befriend, someone who needs you more than you need them. Look for a way you can serve this person.